

| R.S.H.E All year groups to use Cambridge Personal Development Scheme | | | | | | |
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| | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Autumn | <p>Relationships education Myself and My Relationships – Beginning and belonging: Feeling safe and happy Belonging in the class/community Ground rules/class charters Doing new things Resilience Asking for help</p> <p>Relationships education Citizenship – Working together: Recognising strengths Developing skills Steps towards goals Effective communication Compromise and cooperation Discussion and negotiation Applying group work & communication skills Evaluating</p> | <p>Relationships education Myself and My relationships - Family and Friends Friendship Truthfulness My family Special People Problem solving in relationships Different points of view Personal space Safety circles</p> <p>Relationships education Myself and My relationships – Managing change Changing friendship patterns Changing skills and responsibilities Changing habits Transitions within school Losing things Emotions involved with change</p> | <p>Relationships and health education Myself and My Relationships – Beginning and Belonging Ground rules/class charters Responsibilities Belonging New situations Meeting new people Resilience Manage feelings Asking for help Networks of support</p> <p>Relationships and health education Myself and My Relationships – My Emotions Self-respect Mental wellbeing Communicating emotions Self-care Diverse emotions/responses Care and respect for others Seeking support</p> | <p>Relationships Education Myself and My Relationships – Family and Friends Developing friendships On and offline friendships Emotions in relationships Trustworthiness Special people and networks Compromise Empathy Conflict resolution Personal boundaries Networks of support</p> <p>Relationships Education Myself and My Relationships – Managing change Range of experiences of change Positive changes Emotions involved in loss and change Taking responsibility for choices Confidence in new situations People I see, people I don't see Bereavement</p> | <p>Relationships Education Myself and My Relationships – Beginning and Belonging Ground rules Responsibilities Belonging New experiences Resilience Managing emotions Network of support Online sources of support</p> <p>Relationships Education Myself and My Relationships – My Emotions Mental health Self-respect and identity Feelings, thoughts, behaviour Recognising strong feelings Loneliness Empathy Networks of support</p> | <p>Relationships Education Myself and My Relationships – Family and Friends Healthy friendships Trust Loyalty Empathy Compromise Consent Changing networks Family support Influences and pressures Cooperation Networks of support Online communities</p> <p>Relationships Education Myself and My Relationships – Managing change Range of changes Emotions Strategies for change Supporting others School/phase transition</p> |
| Spring | <p>Relationships and health education Myself and My Relationships - My Emotions Self-awareness Assertiveness Identifying and naming emotions Coping with feelings, thoughts and behaviours Likes and dislikes Impulsive behaviour Calming down and relaxing Seeking support</p> <p>Relationships and health education Citizenship – Diversity and communities My identity Different families Different cultures and beliefs Groups in and out of school Respect Community Stereotypes People who help us School environment Needs of people/animals/pets/plants</p> | <p>Relationships and health education Myself and My Relationships – Anti bullying Respecting difference Defining bullying Physical, mental and emotional wellbeing Assertiveness Safety circles telling and asking for help Supporting others Creating an anti-bullying ethos</p> <p>Relationships Education Healthy and Safer Lifestyles – Personal Safety Identifying and communicating feelings School/classroom rules Early warning signs Identifying trusted adults Personal networks Recognising unkind behavior Bodily autonomy Safe, unsafe and unwanted touch Safe and unsafe secrets Online safety</p> | <p>Relationships Education Citizenship – Working together Recognising and valuing strengths Developing skills Steps towards goals Effective communication Questioning skills Problem solving and perseverance Decision making Communication and group work skills Evaluating Feedback</p> <p>Relationships Education Citizenship – Diversity and Community Similarities and differences People in the community People with different backgrounds Stereotypes Roles in the Community Local environment Animal Welfare Role of the Media</p> | <p>Relationships Education Healthy and safer lifestyles – Personal Safety Identifying and communicating feelings School/classroom rules Early warning signs Identifying trusted adults Personal networks Safety continuum Recognising and reporting unkind behavior Bodily autonomy Personal boundaries Safe, unsafe and unwanted touch Safe and unsafe secrets Online safety</p> <p>Relationships and Health Education Myself and My Relationships – Anti-bullying Falling out Prejudices-based bullying Respect Direct and indirect bullying Cyberbullying Bystanders and followers Being supportive Getting help</p> | <p>Relationships Education Citizenship – Working together Self-perception and self-evaluation Developing skills Steps towards goals The world of work Effective communication Chairing group discussions Courtesy, negotiation and debate Problem solving and perseverance Influence of the media Evaluation</p> <p>Relationships Education Citizenship – Diversity and Communities Influences on my identity Gender Diversity in communities Challenging stereotypes Voluntary, community, charitable and pressure groups The media Environmental issues Sustainability</p> | <p>Relationships and Health Education Myself and My Relationships – Anti-bullying Friendship difficulties Defining bullying Bullying relating to race/religion/culture Homophobic, biphobic and transphobic bullying Cyberbullying Physical, mental and emotional wellbeing Peer influence Bystanders/colluders Responsive strategies Assertiveness Equality act Sources of support</p> <p>Relationships Education Healthy and Safer Lifestyles – Personal safety Recognising own feelings and considering others Rights and responsibilities Is my fun, fun for everyone? Early warning signs Identifying trusted adults Personal networks Safety continuum Recognising and reporting abuse or neglect</p> |

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| | | | | | | | Bodily autonomy Personal boundaries Personal boundaries Safe/, unsafe, unwanted touch Safe and unsafe secrets Online safety Assessing risk |
| Summer | <u>Relationships education</u> Healthy and Safer Lifestyles – RSE External parts of the body My amazing body Germs Handwashing <u>Health education</u> Healthy and Safer Lifestyles – Healthy lifestyles Staying healthy Rest and sleep Dental health Eat well guide Physical activity Healthy eating Food preparation Making real choices | <u>Relationships and health education</u> Healthy and safer Lifestyles – RSE Babies to children to adults Growing up Caring families Family variety Marriage Changing responsibilities <u>Relationships education</u> Citizenship – Rights, Rules and Responsibilities Class and school rules and charters Rules and laws in society Understanding right and wrong Explaining views Decision making School and class councils Responsibilities to other people | <u>Health Education</u> Healthy and Safer lifestyles – healthy lifestyles Eatwell guide Basic food hygiene and preparation Active lifestyles Mental wellbeing Sleep Influences on lifestyle choices Dental Care Leisure activities <u>Health Education</u> Healthy and Safer Lifestyles – RSE Male and female bodies Talking about bodies Valuing the body's uniqueness and capabilities Responsibilities for hygiene Preventing spread of illness | <u>Health Education</u> Healthy and safer Lifestyles – Drug education Medicines and legal drugs People who take medicines and legal drugs Rules for safe storage Finding risky items Influence of friends and media Immunisations <u>Relationships and Health Education</u> Healthy and Safer Lifestyles – RSE Stages of human lifecycle Seed + egg Being grown up My responsibilities Families responsibilities Caring families | <u>Health Education</u> Healthy and safer lifestyles – Healthy lifestyles Eatwell guide Nutritional content Portion sizes Meal planning Sleep hygiene Dental health Health as a continuum Risks and benefits of lifestyle choices Physical illness Gaming/social media age restrictions <u>Relationships and Health Education</u> Healthy and Safer lifestyles – RSE Names of sexual parts * Puberty Physical and emotional change Menstruation Developing body image Changing hygiene routines Viruses and bacteria Reproduction/ conception | <u>Health Education</u> Healthy and Safer lifestyles – Drug Education Effects of drug use Essential use of medicines Drug misuse Staying safe around risky substances Influences of friends and media Reliability of information Immunisations <u>Relationships and Health Education</u> Healthy and Safer lifestyles – RSE Human lifecycle Sexual reproduction * Changing emotions and relationships Responsibility of others love and care Marriage and civil partnerships Families Birth of a baby Contraception Sexting/online relationships | |

Green text is areas of RSE parents can choose to opt out of